

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Sarah Care®
Adult Day Care Center

Center Closed for Holiday ¹



New Year's Day

²
Chair Yoga
Bingo
Lawn Darts
Armchair Travel- Georgia
The Music of the Andrews
Sisters
Adult Coloring Pages



⁴
⁵
Moring Stretch
Humor- Victor Borge
Volleyball
Arts & Crafts
January Facts & Fun
Board Games



⁶
Chair Exercise
Dominoes
Snowman Bowling
Famous January Birthdays
Wacky Words
Horse Racing



⁷
Lunch Trip to Perkins
Stretch & Relaxation
Card Games
Marshmallow Toss
Humor- The Harlem
Globetrotters
Finishing Lines

⁸
Movement to Music
Pokeno
Penguin Plinko
Remembering Elvis
Cranium Crunches
**1:30 Entertainment with
Bruce Copp**

⁹
**Eagles Playoff Pep
Rally!**
Sit & Be Fit
NFL Trivia
Touchdown Bingo
Pigskin Toss
Tailgate Snacks

¹⁰
Stephanie Malloy
Activities Director

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215-999-1200
Ext. 112

¹¹
Daily AM Activities

7:00-8:00 Meet & Greet
8:00-9:00 Coffee & News
8:30-10:00 Breakfast
10:00-10:30 Morning Stretch
10:30-11:00 Daily Chronicles
11:00-11:30 Daily Themed
Activity
11:30-12:00 Active Games

¹²
Chair Dancing
Canvas Painting
Volleyball
Board Games
The Music of Motown
Hot Tea & Biscuits



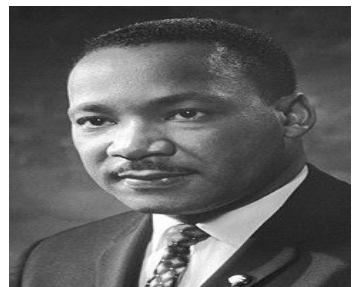
¹³
Seated Workout
Crafter's Corner
Dominoes
Bingo
Snowman Bowling
Humor- Female
Comedians

¹⁴
Meditation
Wintertime Memories
Card Games
Marshmallow Toss
January Jeopardy
Current Events



¹⁵
*Shopping Trip
to Dollar Tree*
Chair Aerobics
Puzzles
Penguin Plinko
Casino Games
Pizza Bagel Making

¹⁶
Chair Yoga
Bingo
Lawn Darts
**Intergenerational
Program
with Abington Friends
School Students**
Adult Coloring Pages



¹⁸
Daily PM Activities

12:00-1:00 Lunch
1:00-1:30 Cognitive Game
1:30-2:30 Afternoon Activity
2:30-3:00 Snack
3:00-3:30 Afternoon Stretch
3:30-4:30 Late Afternoon
Activity
4:30- 6:00 Independent
Activities

¹⁹
*Take-Out Lunch-
Hoagies*
Moring Stretch
Remembering Martin Luther
King Jr.
Volleyball
I Have a Dream
Board Games

Martin Luther King Jr. Day

²⁰
Chair Exercise
Wine Glass Painting
Dominoes
Snowman Bowling
Remembering George
Burns
Unscramble the Words

²¹
Stretch & Relaxation
Winter Crafts
Card Games
Marshmallow Toss
Brain Teasers
**1:30 Entertainment with
Joe Parker**

²²
Movement to Music
Pokeno
Penguin Plinko
Family Feud
Health & Wellness- New
Year, New You!
Tribond

²³
*Lunch Trip to Miller's
Ale House*
Sit & Be Fit
Bingo
Lawn Darts
Adult Coloring Pages
Pie Making

²⁴
***Calendar
Subject to
Change***



²⁵
²⁶
Chair Dancing
Opposite Day Trivia
Volleyball
Board Games
Travel Club- Australia
Category Game

Australia Day (Observed)

²⁷
Lunch Trip to Panera
Seated Workout
Dominoes
Bingo
Snowman Bowling
Trivia



²⁸
Meditation
Participant Council
Card Games
Marshmallow Toss
Jewelry Making
Hangman



²⁹
Chair Aerobics
Puzzles
Penguin Plinko
Word Mining
Creative Arts
Name Five



³⁰
Chair Yoga
Bingo
Lawn Darts
Adult Coloring Pages
Beatles Music Hour
Hot Chocolate Social

